Exercise helps support your treatment and recovery

ACS AMERICAN COLLEGE OF SURGEONS SURGICAL QUALITY PARTNER

ACS NAPBC Breast Center Accreditation

Regular exercise has been shown to help you recover more quickly after surgery. It can also support your health and well-being during cancer treatment.



BENEFITS OF EXERCISE

- Improves shoulder and arm mobility
- Reduces treatment-related fatigue
- Maintains strength during treatment
- Supports bone health
- Helps manage weight and metabolism
- May decrease cancer risk
- Improves mood, sleep, and thinking
- Improves overall quality of life



TIPS FOR HEALTHY MOVEMENT

KEEP MOVING

Walking, swimming, and other cardio activities can help you stay active and support your recovery.

STRENGTH TRAIN SAFELY

If your surgeon says it is safe, strength training can maintain your muscle, support your health, and prevent or reduce lymphedema (swelling).

GET EXPERT GUIDANCE

Not all exercises may be safe for everyone. Ask your **doctor, physical therapist, or fitness professional** which exercises are right for you.

WEEKLY EXERCISE GOALS*:

**Ask your health care provider which exercises are safe for you.*

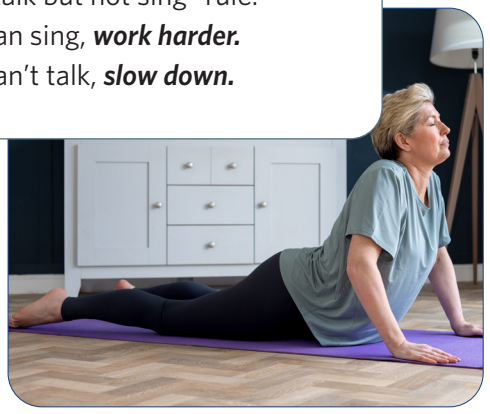
DURING treatment:
2 DAYS of strength training
90 MINUTES of moderate aerobic exercise weekly.

AFTER treatment:
2 DAYS of strength training
150 MINUTES of moderate aerobic exercise weekly.

WHAT IS **MODERATE** INTENSITY?

Use the "talk but not sing" rule.

- If you can sing, ***work harder.***
- If you can't talk, ***slow down.***



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